

# **Reiki 1 Retreat**

June

Friday 21st:

***Recommend you arrive early to get settled into your cabin before the evening starts. Arrivals can start as early as 3:30.***

5:30 Dinner

6:30pm to 9:00pm

- Introductions
- Feel Energy
- What is Reiki?
- History of Reiki
- What does a Reiki Session look like
- Chakras
- Attunement

Saturday 22nd:

8:30 Breakfast

9:30am to 12:00pm

- Group Photo
- Grounding
- Boundaries of touch
- L/R Brain - Alpha state
- Hand Positions and Trades
- Sharing

Lunch at 12:00

1:00pm to 5:30pm

- Self Reiki
- Reiki II
- Evaluations

5:30 Dinner

6:30 Optional - Discussion, questions and answers

Sunday 23rd:

7:00 am Sunrise Guided Meditation

8:30 Breakfast

9:30 Trades

12:00 Checkout